

SIBO diet diary

Day 1 - 20/Feb Sunday	* SIBO diet starts Mild malaise, sleep disturbances tonight (waking shortly after falling asleep not usual)
Day 2 - 21/Feb Monday	Malaise & flu like symptoms starting, chills, fever, sleep disturbances tonight (waking shortly after falling asleep not usual)
Day 3 - 22/Feb Tuesday	In bed all day with malaise, flu like symptoms die off (covid neg test) Morning BM = slightly softer/stinker than usual bowel movement Added in phase 1 restricted pancakes and zucchini for first time Mild bloat reduction L sided low tummy pain? Belching straight after food and after 4 hours Sleep better
Day 4 - 23/Feb Wednesday	Still feeling off today, could work though Morning BM = softer but 4 segments Tummy heavy today Strong stomach gurling in morning L sided low tummy pain? Belching straight after food and 4 hours after food * Supps arrived, started liver tonic and SB tablets, added in bone broth/green tea
Day 5 - 24/Feb Thursday	Feeling 100% better Morning BM = normal, didn't feel as emptied though Mild bloat reduction Briefly gurling after dinner in a comfortable way Noticing I'm running a bit hot
Day 6 - 25/Feb Friday	Morning BM = softer, 4 pieces = felt a bit lighter after it and haven't felt that for a long time. Brief comfortable gurgles Brief uncomfortable abdo cramping
Day 7 - 26/Feb Saturday	No bowel movement today - very constipated! Awful die off today = body aches, chills, malaise, headache, fever, light sensitivity, brain fog, nausea, chills, constipated, HR high, temp 38.15 degrees Coloxyl & Senna 1 tablet 7:30pm
Day 8 (1 week!) 27/Feb Sunday	Morning BM = normal No die off symptoms today at all Feeling quite full - very bloated and distended today Coloxyl & Senna 2 tablets 8:30am (stopped taking after this)
Day 9 - 28/Feb Monday	Morning BM = more white bits in it? Very bloated and distended all day
Day 10 - 1/March Tuesday	Morning BM = normal Belching after water Very bloated and distended all day Reduced liquid intake today as it was causing an uncomfortably fullness/distention
Day 11 - 2/March Wednesday	2 x bowel movements this morning, feeling a lot lighter after 2 <sup>nd</sup> one – noticing white bits/smelly today Severe bloating has come down a bit, back to my normal bloating Tea/bone broth really filling New food: added in 2 slices beetroot tonight – mild hydrogen smelling fart after but didn't last long
Day 12 - 3/March Thursday	Morning BM = normal Feeling very relaxed

Day 13 - 4/March Friday	Morning BM = stinky today, felt lighter afterwards Increase to bloat today New food tonight: 2 slices beetroot & bok choy – hydrogen smelling fart after didn't last long Bit gurling after dinner
Day 14 - 5/March Saturday	Morning BM = fragmented, bit smelly, not fully evacuated Increase to bloat today
Day 15 (2 wks!) 6/March Sunday	Morning BM = a bit constipated
Day 16 - 7/March Monday	Morning BM = 2 morning bowel movements (1 <sup>st</sup> a bit constipated)
Day 17 - 8/March Tuesday	Morning BM = strained movement, very mild fissure, 2 <sup>nd</sup> bowel movement after dinner felt better
Day 18 - 9/March Wednesday	Morning BM = no issues Missing carbs this week, tired, high cravings for sugar/carbs 5 hours after dinner had mild rotten egg smelling gas for 5 mins
Day 19 - 10/March Thursday	Morning BM = still a bit dry at start but feel fully evacuated Feeling a bit lighter
Day 20 - 11/March Friday	Morning BM = no issues Booster ☺ Dermatitis reducing? 5 mins moderate rotten egg smelling farts Pfzier #3 tonight
Day 21 - 12/March Saturday	Morning BM = no issues Started 10ml liver tonight at dinner after Amy consult Wearing jeans, I haven't worn for a while - 2kg weight loss Less bloated today 5 mins moderate rotten egg smelling farts
Day 22 (3 wks!) 13/March Sunday	Morning BM = noticeably softer, still 6 pieces or so, mucous in stool? Noticeably less bloated today First day on 10mg x 2 liver tonic
Day 23 14/March Monday	Morning BM = 9 pieces, but noticeably softer, mucous in stool? Increase to bloat
Day 24 15/March Tuesday	Morning BM = 9 pieces but so much easier to pass Gurly tummy after a big dinner tonight, bit upset in tummy too Increase to bloat
Day 25 16/March Wednesday	Morning BM = 9 pieces but so much easier to pass Gurly tummy after dinner tonight Increase to bloat
Day 26 17/March Thursday	Morning BM = bit delayed, 9 pieces but so much easier to pass! Intestines feel hard
Day 27 18/March Friday	Morning BM = bit delayed, 2 pieces Really campy after dinner – first big cramps, lasted 1-2 hours on/off?
Day 28 19/March Saturday	Morning BM = bit delayed but ok Bit crampy 5 mins after liver tonic
Day 29 (4 wks!) 20/March Sunday	Nothing to report today
Day 30 21/March Monday	Morning BM = less pieces and softer now ☺ Noticing some breakouts on cheeks
Day 31 22/March Tuesday	Morning BM = less pieces and softer now ☺
Day 32 23/March Wednesday	Morning BM = a bit strained, many pieces, didn't feel fully evacuated Feeling pretty 'full' and distended upper abdomen after food this week (same food)

	UPDATE - maybe 30% max reduction in bloat after 4 weeks?
Day 33 24/March Thursday	
Day 34 25/March Friday	
Day 35 26/March Saturday	
Day 36 (5 wks!) 27/March Sunday	
Day 37 28/March Monday	
Day 38 29/March Tuesday	
Day 39 30/March Wednesday	
Day 40 31/March Thursday	
Day 41 1/April Friday	
Day 42 2/April Saturday	
Day 43 (6 wks!) 3/April Sunday	